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Class 309

Personal essay: This I Believe

I personally believe in a very simple statement, and it holds such an important meaning to me that I religiously remind myself that every day: to do what I love and love what I do. And by stating that, I mean doing something that can instantly bring a smile to my face, get me through mundane routines of daily life, and simply wonder what my life will be without it. As for me, dance is what I love.

I am not a professional dancer, nor do I think I will ever be able to become one; I am just an average student whose co-curriculum activity is modern dance. In this case, some may say that “love” would be too strong a word to use, or that at a tender age of fifteen, I do not even fully understand the meaning of “love”. Yes, I admit that as a teenage girl, the word “love” is used loosely: I can love my friends, love all things sweet, or love cute puppies. However, how else can I express the joy that burst within me the moment I step into a dance studio? How else can I describe the yearning for dance sessions to come quicker? And how else can I explain the willingness to sacrifice so much just for dance?

Despite my confession right now, I actually disliked and dreaded dance sessions for quite some time. When I was young, I loved dance because it was all about having fun and getting to perform; however when I joined the modern dance society in secondary school, I realised that there was so much more to dance, and not all was likeable. The physically demanding trainings always left me drained of energy with muscles aching all over; performance opportunities were little and I could never seem to perform well enough to be selected; and most of all, I hated being left out by the cliques formed within the dance group. However, I think it is through all the pain, disappointment and frustration that I became a stronger dancer, physically and mentally. At that point of time, I was so blinded by these negative thoughts that I failed to realise that my love for dance had not lessen; And it was that same love that helped me through the tough times and motivated me to work harder. Eventually I did improve, fostered strong bonds with other dancers and came to love and appreciate dance.

Looking back at my experience, dance taught me perseverance, team work and many other valuable lessons that I know will stay with me for life. Hence, I encourage everyone to explore the possibilities, to give themselves a chance to discover something they love, and have the courage to just go for it. As only when you are doing something you love and truly love what you do, will you be able to excel and soar to greater heights.

